



**Big Brothers  
Big Sisters**  
OF CENTRAL IOWA

PROTECTING AND  
IMPROVING THE HEALTH  
OF IOWANS

**IDPH**  
IOWA Department  
of PUBLIC HEALTH

## January Prevention Toolkit

### Toolkit Highlights

January is National  
Mentoring Month and  
Dry January -Pg 2

Prevention and Support  
Resources-Pg 2

January Match activity:  
How well do you know  
each other?  
pg 3

**BBBSCI is pleased to announce another month of service to the community through prevention efforts with the Improving Tomorrow: Prevention Focused Mentoring program.**

OF CENTRAL IOWA

**We hope that this collection of resources helps you to better connect with your Little and aids in the prevention of substance misuse, problem gambling & the development of life-skills.**



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# Dry January

Featured Educational Video detailing the benefits of  
a dry January

*"What Taking A 'Dry January' Will Do To Your Body"*

<https://youtu.be/IPuJ4K3MXTg>

## Feature article:

Underage and Teen Alcohol Use



## PREVENTION AND SUPPORT RESOURCES

*Your Life Iowa (YLI)*: For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit [Your Life Iowa](https://www.yourlifedesign.com/)

Substance Abuse Prevention <https://youth.gov/youth-topics/substance-abuse/evidence-based-programs-youth-substance-abuse-prevention-and-treatment>

NEW National Suicide & Crisis Lifeline <https://www.samhsa.gov/find-help/988>

Help Guide: <https://www.helpguide.org/articles/addictions/underage-drinking.htm>

# How well do you know each other?

January 2023 Prevention Match Activity

It is important in a friendship to share things about ourselves with each other. January is National Mentoring Month. A Mentoring relationship can be a very important one if we put the time and energy into it.

## Test Yourself Activity

The QR code below is to worksheet with questions about ourselves. Ask each other the questions and see how many questions you can answer about each other. For the questions you get wrong, take some time to share the correct answers with each other. This is meant to bring each mentor and mentee a little bit closer.

